

Gautam buddha teaching on middle path | How to follow Buddha path of middle

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one of the important concept in buddha teaching was to follow the middle path. what does it mean?

following buddha middle path at bodily level:

1. don't move towards fasting or don't move towards too much indulgence with food. fasting and over eating are both extremes. stay in middle and that is eat as per your hunger. eat enough as per the needs of the body. here understanding the needs of the body is very important. fulfill the needs of the body and don't listen to the mind or keep on eating because you find the food tasty.
2. the above principle of listening to body needs also applies to other important body needs like sleep, thirst, rest, protecting body from extreme weather conditions and so on.
3. in essence, listen to the body intelligence and protect it and nourish it. because without sound body you cannot meditate easily. be thankful to the body but don't be identified with it.

following buddha middle path at mind level:

1. mind has the habit of moving to past or future and that is the very quality of the mind. mind exists only when we are thinking about past or about future. but whenever we are living in the present moment then mind is not there and whole emphasis of the buddha is to live in this present moment. living in present moment is meditation.
2. whenever your mind starts thinking about past or future then just watch it or witness its movement without getting identified.
3. whatever the mind says, just watch it. don't react to it or get involve in the mind dialog. don't be identified with your thoughts or feelings as no thought belongs to you.

important point is that:

1. buddha always emphasized on accepting the present moment as it is, without bringing our judgements or opinions. it means don't get affected or identified by the present moment which is temporary and ever changing. look within at the reality which is eternal.
2. stay connect to your innermost center and if that is not possible then try to look at the higher side of things.

bonus tip: don't get identified with body, don't get identified with the mind, life is ever changing and be a witness to all this drama.

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